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ABSTRACT

This workbook for students in grades 3 through 5 is designed to help them understand how stress affects the body and to show them various positive ways of coping with stress in daily life. Fifteen lessons include definitions of stress, relaxation exercises, visualization techniques, problem-solving approaches, dealing with conflicts, the necessity of exercise and good nutrition, and goal setting. A stress control contract for the student to complete is included, and a quiz to evaluate student learning about stress is attached. (SLD)

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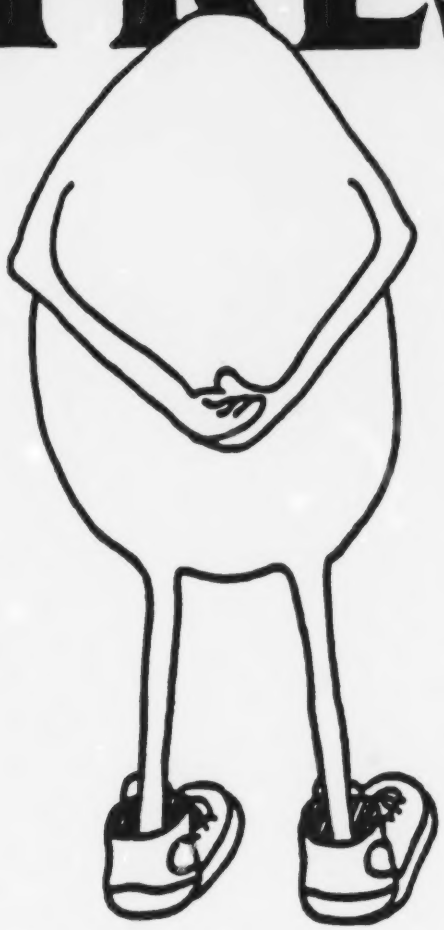
STRESS



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A STRESS CONTROL CHILDREN'S WORK BOOK FOR GRADES 3 - 5

BY JENNIE C. TROTTER, M.ED.

WHOLISTIC STRESS CONTROL INSTITUTE, INC.

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CREDITS

This Stress Control Workbook for children has been developed by a special grant from the Georgia Juvenile Justice Coordinating Council.

This workbook is being sponsored by the Wholistic Stress Control Institute, Inc.

Author:	Jennie C. Trotter, M.Ed.
Contributing Writer:	Beatrice Costen
Graphics:	Linda R. Bateman
Typist:	Sandra Locklin-Reed

Special thanks to:

Nancy L. Thomas
James T. Trotter

SPECIAL DEDICATION:

My work with stress and children started back in 1981 when I was hired to be part of a special mental health team to address problems that were caused by the tragedy of the Atlanta Missing and Murdered Children/Youth Crisis. What I discovered was the lack of resources and materials available for children and youth on the topic of stress. Since that time, the majority of my career has been dedicated to providing information, educational resources, workshops, and training for children, youth and adults in the area of stress. My work includes: 1) helping young people understand how stress affects the body, and 2) the various positive ways for coping with stress in their daily lives.

This booklet is dedicated to all the beautiful young people in the world who are sometimes faced with stress, with hopes to make them aware of what they can do to become more beautiful, healthier and stronger young people.

With Love and Concern,

Jennie C. Trotter

Jennie C. Trotter

For more information, contact Wholistic Stress Control Institute, Post Office Box 42481, Atlanta, Georgia 30331-0481 or telephone (404) 344-2021

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INTRODUCTION

THIS WORKBOOK WILL HELP YOU TO GAIN A BETTER UNDERSTANDING ABOUT STRESS. IT WILL HELP YOU TO UNDERSTAND THE FOLLOWING:

1) WHAT IS STRESS?
2) HOW STRESS MAKES YOUR BODY FEEL?
3) WHAT CAUSES STRESS?
4) POSITIVE WAYS TO DEAL WITH STRESS
5) HOW YOU CAN MAKE A CHOICE TO REDUCE STRESS IN YOUR LIFE?

IN THIS WORKBOOK YOU WILL LEARN THAT THE MORE YOU KNOW ABOUT STRESS, THE BETTER YOU WILL BE ABLE TO HANDLE IT.

Dev. by Jennie Trotter, Wholistic Stress Control Institute, Atlanta, GA

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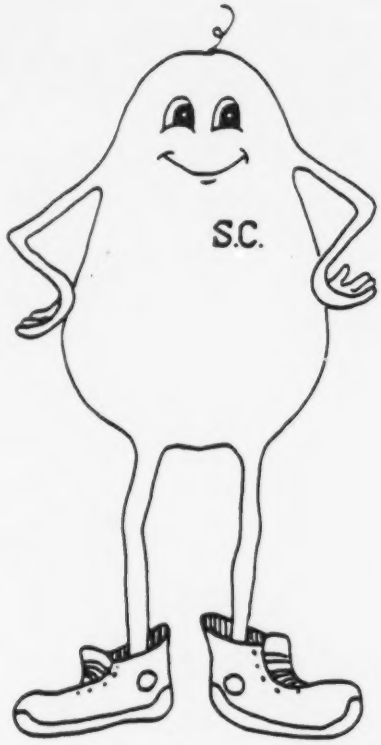
HEY THERE! WANT TO LEARN ABOUT STRESS? WELL, I'M "S.M." I STAND FOR STRESS MESS. MEET MY FRIEND, "S.C.". HE STANDS FOR STRESS CONTROL. S.C. IS THE COOL PART OF ME, THE WAY I WANT TO BE. BUT WHEN I GET TOO MUCH STRESS AND CAN'T HANDLE IT, I BECOME A STRESS MESS.

I HOPE THIS BOOK CAN HELP YOU LEARN POSITIVE WAYS TO DEAL WITH YOUR STRESS, SO YOU CAN CHILL-OUT LIKE ME. S.C.



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PRE-STRESS QUIZ

ACTIVITY: TEST YOURSELF BEFORE YOU BEGIN THIS WORKBOOK. SEE HOW MUCH YOU KNOW ABOUT STRESS.

DIRECTIONS: WRITE (T) FOR TRUE OR (F) FOR FALSE IN THE SPACE IN FRONT OF EACH QUESTION.

BEFORE

_____ 1) EVERYBODY HAS STRESS.

_____ 2) STRESS CAN'T CAUSE HEART ATTACKS.

_____ 3) WHAT YOU EAT HAS VERY LITTLE TO DO WITH STRESS.

_____ 4) STRESS CAN BE GOOD FOR YOU.

_____ 5) YOU CAN AVOID STRESS.

_____ 6) TOO MUCH STRESS CAN MAKE YOU SICK.

_____ 7) YOUR THOUGHTS CAN CAUSE YOU STRESS.

_____ 8) STRESS IS CAUSED BY CHANGES.

_____ 9) BREATHING CAN'T HELP REDUCE STRESS.

_____ 10) A NIGHTMARE IS A SIGN OF STRESS.

WAIT UNTIL YOU COMPLETE THIS BOOKLET AND LOOK AT THE ANSWERS AT THE END.

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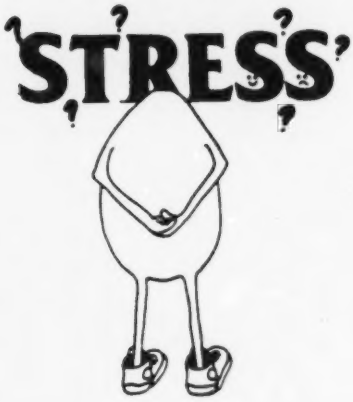
LESSON #-1

WHAT IS STRESS?



STRESS IS ANYTHING THAT CAUSES "CHANGE" IN YOUR BODY.

SOME CAUSES OF STRESS ARE:

1) ATTENDING A NEW SCHOOL
2) DIVORCE OR SEPARATION OF PARENTS
3) DEATH OF A LOVED ONE
4) TAKING A TEST
5) SPEAKING IN FRONT OF A CLASS

CAN YOU NAME ONE THING THAT HAS CAUSED YOU STRESS LATELY?

THE ONE THING THAT HAS CAUSED ME STRESS LATELY IS:

_____

YOUR FEELINGS CAN ALSO CAUSE YOU STRESS.

ANYTHING THAT MAKES YOU FEEL MAD, SCARED, SAD, OR GLAD CAN CAUSE STRESS.

ACTIVITY: LOOK AT THE PICTURES. DRAW A CIRCLE AROUND THE WAY YOU FEEL RIGHT NOW.

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FEELINGS THAT CAUSE STRESS

THIS EXERCISE WILL HELP YOU <u>IDENTIFY FEELINGS</u> OF STRESS. PICK OUT SEVEN 7) FEELINGS FROM THIS LIST AND TELL ABOUT A TIME YOU FELT THAT WAY.

* FEELINGS CAN CAUSE STRESS! *

FRUSTRATED	ANGRY	WORRIED	BRAVE	EMBARRASSED
LONELY	SCARED	HAPPY	UPSET	TERRIBLE
SURPRISED	EXCITED	NERVOUS	SAD	PROUD

1. I FELT _____ WHEN _____

_____

2. I FELT _____ WHEN _____

_____

3. I FELT _____ WHEN _____

_____

4. I FELT _____ WHEN _____

_____

5. I FELT _____ WHEN _____

_____

6. I FELT _____ WHEN _____

_____

7. I FELT _____ WHEN _____

_____

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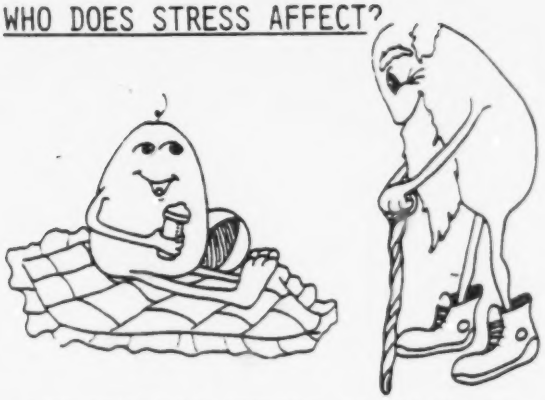
WHO DOES STRESS AFFECT?



YOU ARE NOT THE ONLY ONE WHO HAS STRESS OR CHANGES. ALL PEOPLE, BIG AND LITTLE, HAVE CHANGES IN THEIR LIVES.

EXAMPLE:
1) WHEN A BABY IS HUNGRY, AND CRIES FOR THE BOTTLE, THIS CAUSES STRESS.
2) WHEN AN OLDER PERSON LOOSES HIS/HER JOB, THIS CAUSES HIM/HER STRESS.
3) WHEN PEOPLE HAVE FIGHTS OR ARGUMENTS, THIS CAUSES THEM STRESS.

STRESSOR

ANYTHING THAT CAUSES STRESS IS CALLED A STRESSOR. FOR EXAMPLE, LOOSING YOUR MONEY OR BEING IN A CONTEST.

ACTIVITY:

1) NAME A STRESSOR (OR CHANGE) IN YOUR LIFE.

MY STRESSOR IS _____

2) NAME A STRESSOR (OR CHANGE) THAT YOUR PARENTS OR GRANDPARENTS MAY HAVE.

MY PARENTS' OR GRANDPARENTS STRESSOR IS _____

_____

3) NAME A STRESSOR (OR CHANGE) THAT YOUR BROTHER OR SISTER MAY HAVE.

MY BROTHER OR SISTER'S STRESSOR IS _____

_____

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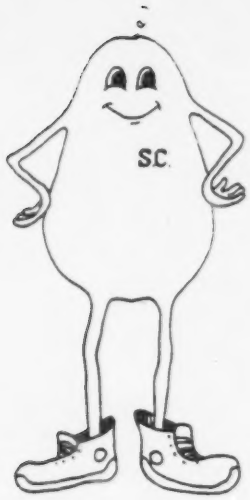

10 IMPORTANT THINGS TO KNOW ABOUT STRESS

1) EVERYONE HAS STRESS OR CHANGES IN THEIR LIVES.
2) STRESS WILL ALWAYS BE A PART OF LIFE.
3) STRESS CAN BE GOOD OR BAD FOR YOU.
4) STRESS CAN CHANGE THE WAY YOUR FEEL, THINK, OR BEHAVE.
5) YOU CAN MANAGE YOUR STRESS.
6) YOU CAN EXPERIENCE STRESS IN YOUR SLEEP; FOR EXAMPLE, A NIGHTMARE.
7) TOO MUCH STRESS ISN'T GOOD FOR YOU.
8) TOO LITTLE STRESS MAY CAUSE YOU TO FEEL BORED.
9) MANAGING YOUR STRESS CAN HELP YOU STAY HEALTHY.
10) A LOT OF STRESS STARTS IN ONE'S MIND.

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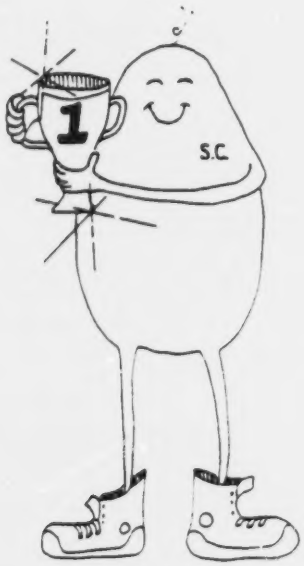
LESSON #-2

IS STRESS GOOD OR BAD?

MOST PEOPLE THINK THAT ALL STRESS IS BAD STRESS . . . BUT THE TRUTH IS, THAT THERE IS GOOD STRESS TOO.



GOOD STRESS: HAPPY EVENTS CAN CAUSE STRESS TOO, LIKE GETTING AN AWARD; MAKING THE TEAM, OR GETTING A GIFT THAT YOU REALLY WANTED. BEING HAPPY AND EXCITED PRODUCES GOOD STRESS.

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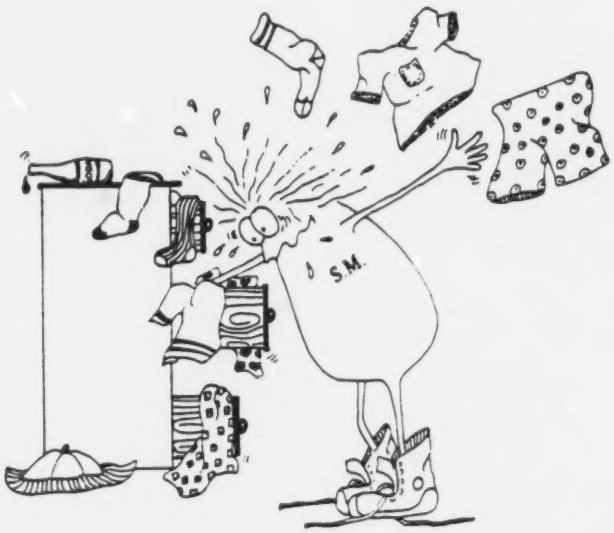
BAD STRESS:

ON THE ONE HAND, STRESS RESULTING FROM A BAD SITUATION CAN BE CALLED "BAD STRESS". FOR EXAMPLE, ATTENDING A FUNERAL, FAILING A TEST OR LOOSING YOUR MONEY.



ACTIVITY:

1) GOOD STRESSORS MAKES YOU HAPPY, EXCITED, SURPRISED, ETC.

NAME A GOOD STRESSOR. SOMETHING THAT MAKES ME EXCITED OR HAPPY IS _____

_____

1) BAD STRESSORS MAKES YOU UPSET, SAD, OR AFRAID.

NAME A BAD STRESSOR. SOMETHING THAT MAKES ME ANGRY OR SAD IS _____

_____

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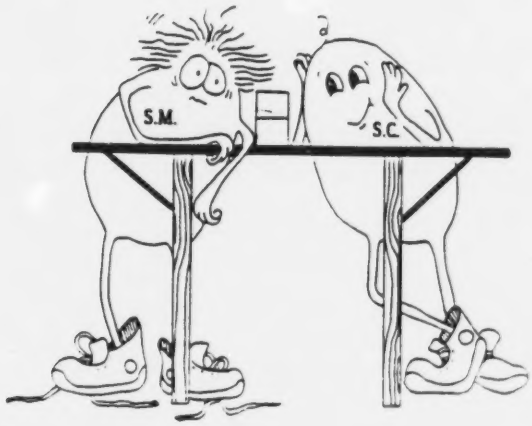
PERCEPTIONS

LOOK AT THIS GLASS OF WATER. DO YOU THINK IT IS HALF FULL OR HALF EMPTY?



DO YOU EVER WONDER WHAT MAKES TWO PEOPLE SEE THE SAME THING IN A DIFFERENT WAY? OR

WHY SOMETHING THAT IS A GOOD STRESSOR FOR ONE PERSON MIGHT BE A BAD STRESSOR FOR ANOTHER?

EXAMPLE: S.C. REALLY LIKES DANCING AT PARTIES, BUT S.M. IS AFRAID TO DANCE AT PARTIES AND GETS VERY NERVOUS.

DANCING AT PARTIES IS A GOOD STRESSOR FOR S.C., BUT A BAD STRESSOR FOR S.M.

WHAT MAKES THE DIFFERENCE IS THAT EVERYONE HAS THEIR VERY OWN LIKES AND DISLIKES.

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MAKING STRESS GOOD OR BAD

YOUR FEELINGS, BELIEFS, THOUGHTS AND EXPERIENCES DETERMINE WHAT MAY BE GOOD STRESS OR BAD STRESS FOR YOU.

FOR EXAMPLE:

1) DEREK FEELS THAT TAKING A TEST IS A BAD STRESSOR, BECAUSE HE DOESN'T LIKE TAKING A TEST.

2) LATUAN FEELS THAT TAKING A TEST IS A GOOD STRESSOR, BECAUSE SHE LIKES TAKING TESTS.

ACTIVITY:

FROM THE LIST BELOW, PICK OUT A GOOD AND A BAD STRESSOR FOR YOU, AND TELL WHY THE STRESSOR IS A GOOD OR BAD ONE FOR YOU.

GOING TO CAMP	BEING IN A RACE
GETTING IN A FIGHT	GOING TO THE MOVIES
SPENDING THE NIGHT OUT	MAKING NEW FRIENDS
GIVING A SPEECH	MOVING TO A NEW HOUSE
DANCING AT A PARTY	GOING ON A LONG TRIP

1) _____ IS A GOOD STRESSOR FOR ME

BECAUSE _____

_____

2) _____ IS A BAD STRESSOR FOR ME

BECAUSE _____

_____

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ARE YOU LIKE
S.C. OR LIKE S.M.?

ACTIVITY:

DIRECTIONS: THE WAY YOU ACT CAN DETERMINE HOW MUCH STRESS YOU HAVE. COMPLETE THIS EXERCISE.

TELL IF THESE STATEMENTS ARE TRUE (T) OR (F) FALSE FOR YOU.

STRESS MESS ACTIONS	STRESS CONTROL ACTIONS
1. I SPEAK FAST ___	1. I FEEL THAT I HAVE ENOUGH TIME TO COMPLETE ASSIGNMENTS ___
2. I WALK AND EAT FAST ___	2. I MAKE TIME TO COOL OUT AND RELAX ___
3. I HATE WAITING ___	3. I ENJOY MY LIFE ___
4. I GET UPSET A LOT ___	4. I TELL JOKES A LOT ___
5. I ALWAYS FEEL RUSHED ___	5. I DO NOT FEEL RUSHED ___
6. I MUST BE FIRST ALWAYS ___	6. I FEEL HAPPY WITH MYSELF ___
7. I DON'T EXPRESS MY FEELINGS EASILY ___	7. I FIND IT EASY TO TALK WITH OTHERS ABOUT MY FEELINGS ___

LOOK AT YOUR ANSWERS AND COMPLETE THE FOLLOWING:

I AM MORE LIKE S.M. OR S.C.?_____

I MMMMMM A STRESS MESS

I AM STRESS CONTROL

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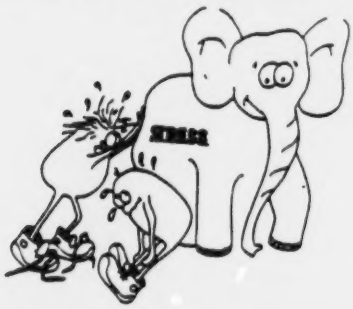
WILL STRESS EVER GO AWAY?



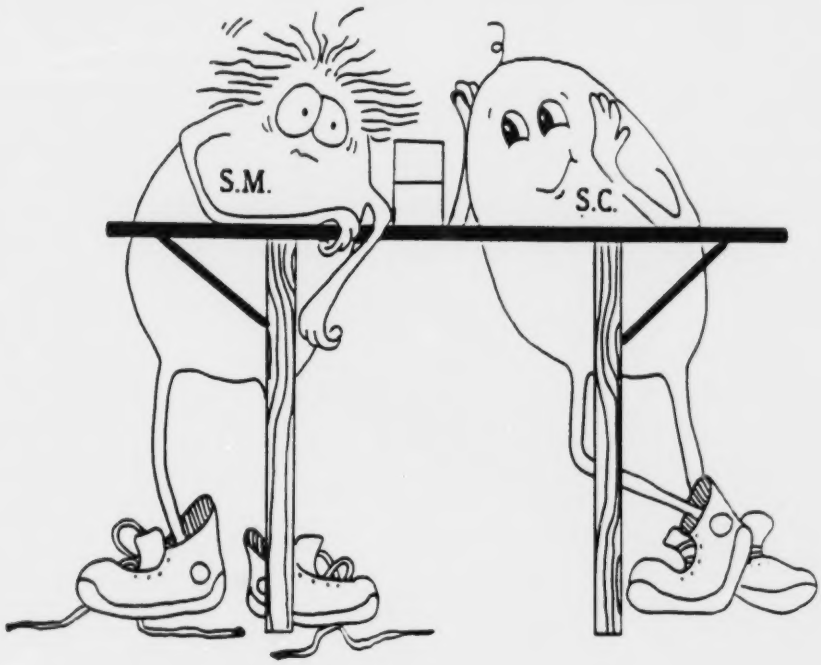
NO -- STRESS IS HERE TO STAY. IT WILL BE WITH US THE REST OF OUR LIVES. SOME PEOPLE EVEN EXPERIENCE STRESS WHILE THEY ARE SLEEPING. FOR EXAMPLE, NIGHTMARES.

EVERYONE NEEDS A CERTAIN AMOUNT OF STRESS IN THEIR LIVES, BUT TOO MUCH STRESS CAN BE HARMFUL.

TOO LITTLE STRESS CAN CAUSE US TO FEEL TIRED AND BORED.

IN ORDER TO CONTROL STRESS, YOU NEED TO KEEP YOUR LIFE BALANCED . . . NOT TOO MUCH STRESS AND NOT TOO LITTLE.

YOU BALANCE YOUR LIFE WITH GOOD EXERCISE, HOBBIES, A GOOD ATTITUDE, REST, LAUGHTER, AND A GOOD NUTRITIOUS DIET.



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LESSON #3

SIGNS OF STRESS

Every time you experience stress your body sends out signs to let you know, although you may not be aware of them.

EXAMPLE: The fight or flight (RUN) Response

When you are being chased by a dog, your body sends out warning signals for you to get ready to fight or flight (run). This is your body's natural response to danger. The fight or flight response is present in all living animals.

Warning Signs

When you sense danger or are afraid, you will notice the following body signs:

tight muscles	fast heartbeat	dilated pupils
sweating	deep breathing	nervousness

This is your body's way of preparing you to fight the dog or run away from it. Your body will produce the energy you need to help you meet the challenge.

Distress

If you choose not to deal with the stressor at a certain time, this can produce more stress for you later, which could cause a stress overload or distress.
Too many changes or first time experiences within a short time can cause DISTRESS.

*Distress can cause you to have a mental, emotional and physical breakdown.

*Distress is dangerous. Your body needs time to rest in between stressors.

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STRESS CHART

STRESSORS - THINGS THAT PRODUCE STRESS

PHYSICAL (BODY)	MENTAL (MIND)	EMOTIONAL (FEELINGS)	BEHAVIORAL (ACTIONS)
IMPROPER REST	BAD THOUGHTS	HATE & FEAR	HURRY & TENSION

STRESS

BAD STRESS CONTROL (-) ← → GOOD STRESS CONTROL (+)

too much
too long

DISTRESS

IILLNESS/SICKNESS
HOSPITALIZATION
MENTAL PROBLEMS

HEALTH AND POSITIVE PERSON AND ATTITUDE

WELLNESS/HEALTH

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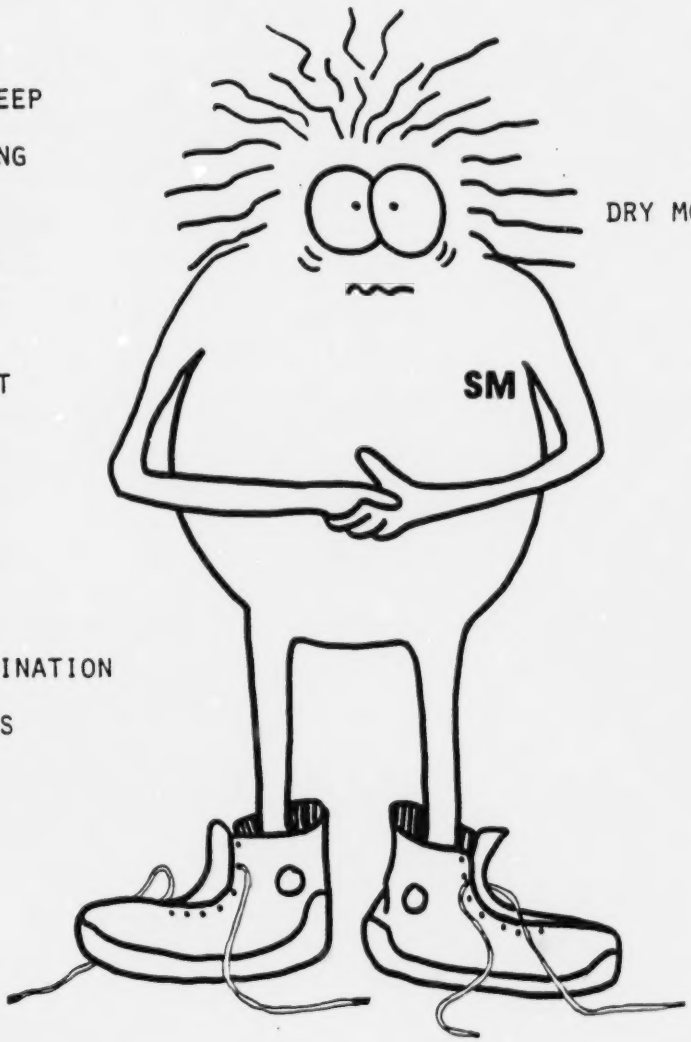
MY SIGNS OF STRESS

DIRECTIONS: PUT A CHECK MARK ( ) BY THE SIGNS OF STRESS THAT HAVE HAPPENED TO YOU.

NIGHTMARE
UNABLE TO SLEEP
FAST BREATHING
GRIND TEETH
IRRITABILITY
DIZZINESS
UNABLE TO EAT
SWEATING
NAIL BITING
NERVOUSNESS
RASHES
INCREASED URINATION
TIGHT MUSCLES



HEADACHE
WORRIED
CRYING
DRY MOUTH AND THROAT
BACKACHE
HEARTBURN
FAST HEARTBEAT
CRAMPS
TREMBLING
STOMACH ACHE
DIARRHEA
SHAKY LEGS

<u>OTHER SIGNS</u>

FIGHTING
LONELINESS
BOREDOM
OVEREATING
TIRED
TAPPING FEET

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TOO MUCH STRESS BECOMES DISTRESS

DIRECTIONS: READ THE STORY AND ANSWER THE QUESTIONS BELOW.

SANDY IS MOVING TO A NEW NEIGHBORHOOD, WHERE SHE WILL HAVE TO ATTEND A NEW SCHOOL, AND MAKE ALL NEW FRIENDS. SHE IS VERY EXCITED ABOUT MOVING INTO A NEW HOUSE WITH HER OWN ROOM, BUT IT MAKES VERY HER SAD TO LEAVE HER FRIENDS BEHIND.

SANDY LOVES HER FRIENDS, AND EACH TIME SHE THINKS OF LEAVING THEM, SHE CRIES AND CRIES. YOU SEE, SANDY IS SHY, AND SHE IS REALLY AFRAID THAT SHE WILL NOT BE ABLE TO MEET MORE GOOD FRIENDS AT HER NEW SCHOOL.

ACTIVITY:

1. HOW MANY STRESSORS CAN YOU FIND IN SANDY'S STORY. NAME THEM BELOW.

   1. _____ 3. _____

   2. _____ 4. _____

2. TELL IF THESE STRESSORS WERE GOOD OR BAD.

   1. _____ 3. _____

   2. _____ 4. _____

3. HOW DID SANDY HANDLE HER STRESSOR?

   _____

4. WHAT COULD SANDY HAVE DONE TO FEEL LESS STRESSFUL ABOUT MOVING?

   _____

5. HAS THIS EVER HAPPENED TO YOU? _____
6. WHAT DID YOU DO? _____

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TOO MANY CHANGES???

TOO MANY CHANGES PRODUCE DISTRESS OR STRESS OVERLOAD, IF THOSE CHANGES HAPPEN WITHIN A SHORT PERIOD OF TIME.

DIRECTIONS: READ THROUGH THE FOLLOWING LIFE CHANGES/STRESSORS AND CHECK THE ONES THAT HAVE HAPPENED TO YOU WITHIN THE LAST YEAR.

_____ DEATH OF A PARENT

_____ DEATH OF A BROTHER, SISTER OR CLOSE FRIEND

_____ DIVORCE OR SEPARATION OF YOUR PARENTS

_____ HOSPITALIZATION OF A PARENT

_____ REMARRIAGE OF A PARENT

_____ BIRTH OF A BROTHER OR SISTER

_____ PERSONAL INJURY OR ILLNESS

_____ FAILING A CLASS

_____ CHANGED TO A DIFFERENT SCHOOL

_____ ARGUMENTS WITH PARENTS

_____ OUTSTANDING PERSONAL ACHIEVEMENT

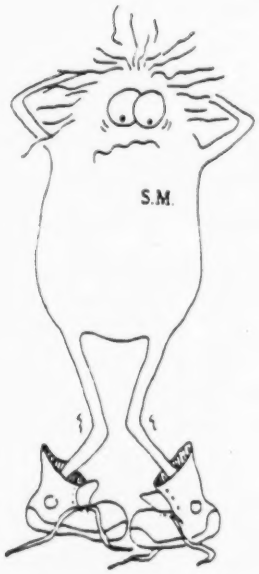
_____ BEING ARRESTED

_____ INVOLVEMENT IN ALCOHOL OR DRUGS

_____ PEER PRESSURE

_____ SUSPENSION FROM SCHOOL

_____ TROUBLE WITH A TEACHER



USE THE SCALE BELOW TO SEE HOW YOUR STRESS LEVEL ADDS UP

SCALE:		
	0 - 3	LOW STRESS
	3 - 8	AVERAGE STRESS
	9 - OVER	STRESS OVERLOAD . . . WATCH OUT! MAKE SURE YOU ARE USING YOUR STRESS COPING SKILLS.

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LESSON #-4

WHAT CAUSES YOU STRESS

THERE ARE MANY CAUSES OF STRESS. IDENTIFY YOUR STRESSORS BY A CHECK MARK FROM THE LIST BELOW. NEXT READ THE FIRST EXERCISE AND THEN COMPLETE THE SENTENCES BELOW.

REMEMBER: CAUSES OF STRESS ARE KNOWN AS STRESSORS.

COMMON STRESSORS

PARENTS ___	ILLNESS ___	SCHOOL ___	FAMILY ___
FRIENDS ___	HARDSHIP ___	CRIME ___	RACISM ___
HOME ___	DRUGS ___	PHYSICAL APPEARANCE ___	

EXAMPLE:

1) MY STRESSOR IS NOT HAVING MANY FRIENDS.
2) HOW DO YOU DEAL WITH IT? DO THINGS ALONE.
3) HOW OFTEN DOES IT HAPPEN? MOST OF THE TIME.
4) WHO IS RESPONSIBLE? I'M NOT SURE, MAYBE ME.
5) DO YOU WANT TO CHANGE THIS? YES!
6) WHAT ARE SOME THINGS YOU CAN DO? BE FRIENDLIER TO OTHERS.
7) ARE YOU WILLING TO DO THIS? YES.
8) WHEN WILL YOU START? THIS WEEK.

NOW YOU TRY:

1) MY STRESSOR IS _____
2) HOW DO YOU DEAL WITH IT? _____
3) HOW OFTEN DOES IT HAPPEN? _____
4) WHO IS RESPONSIBLE? _____
5) DO YOU WANT TO CHANGE THIS? _____
6) WHAT ARE SOME THINGS YOU CAN DO? _____
7) ARE YOU WILLING TO DO THIS? _____
8) WHEN WILL YOU START? _____

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ACTIVITY:

DIRECTIONS: READ THE STORY BELOW AND FILL IN THE FEELINGS YOU FEEL S.M. IS HAVING.

How Did S.M.'s Day Go?

S.M. DIDN'T GET UP WHEN HIS ALARM WENT OFF. WHEN HIS MOTHER AWAKENED HIM HE HAD ONLY 15 MINUTES TO MAKE IT TO THE BUS. HOW DO YOU THINK HE FELT? _____.

HE GOT DRESSED AS FAST AS HE COULD. HE DIDN'T EAT ANYTHING AND RAN TO THE BUS STOP. HE JUST MADE IT. BUT WHEN HE GOT ON THE BUS EVERYONE LAUGHED AT HIM. HOW DO YOU THINK HE FELT? _____.

WHEN HE ARRIVED AT SCHOOL, HE WENT TO HIS ENGLISH CLASS AND COULDN'T FIND HIS HOMEWORK. HOW DID HE FEEL? _____.

HE REMEMBERED HE HAD LEFT IT AT HOME. HIS TEACHER GAVE HIM AN INCOMPLETE. HOW DID HE FEEL? _____.

DURING HIS MATH CLASS THE TEACHER GAVE A POP QUIZ. HOW DID HE FEEL? _____.

AFTER SCHOOL, ON HIS WAY TO THE BUS, SOME GUYS TRIED TO PICK A FIGHT WITH HIM. HOW DID HE FEEL? _____.

HE FINALLY ARRIVED HOME, BUT COULDN'T FIND HIS DOOR KEY. HOW DID HE FEEL? _____.

SO HE DECIDED TO WAIT AT HIS NEIGHBOR'S HOUSE. HE STARTED DOING HIS HOMEWORK, BUT THE NEIGHBOR'S BABY KEPT CRYING. HOW DID HE FEEL? _____.

LATER THAT NIGHT, AFTER HE WAS IN BED, HE THOUGHT ABOUT HOW HIS DAY WENT. HOW DID HE FEEL? _____.

THEN HE DRIFTED OFF TO SLEEP, HOPING TOMORROW WOULD BE BETTER.

DIRECTIONS: WRITE A SHORT STORY ABOUT YOUR MOST STRESSFUL DAY.

_____

_____

_____

_____

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MY STRESS LOG

DIRECTIONS: COMPLETE THE EXERCISE BELOW BY LISTING THE KINDS OF STRESSORS YOU HAD THIS WEEK.

EXAMPLE:

TIME: 9:00 A.M.

DAY: TUESDAY

STRESSOR EVENT: TEST

MY FEELING RESPONSE: NERVOUS AND A LITTLE WORRIED.

MY THOUGHTS: WILL I PASS? I HOPE I REMEMBERED EVERYTHING

MY BEHAVIOR: I TOLD MYSELF TO DO MY BEST.

WHAT I WOULD CHANGE NEXT TIME: TRY TO BE MORE RELAXED AND MORE POSITIVE.

NOW YOU TRY:

DATE OF THE WEEK: _____

STRESSOR (ACTIVITY) _____

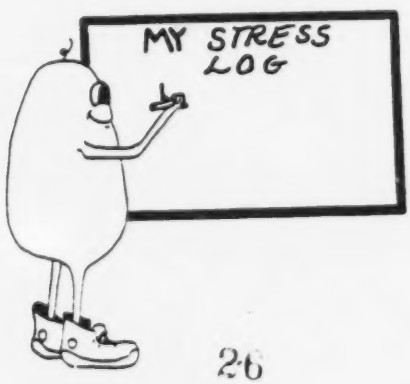
TIME: _____

FEELING RESPONSE: _____

MY THOUGHTS: _____

MY BEHAVIOR: _____

CHANGES I WOULD MAKE: _____



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LESSON # 5

HOW DO YOU RESPOND TO STRESS?

ACTIVITY: READ THE FOLLOWING QUESTIONS AND LIST THE WAYS YOU WOULD RESPOND TO THESE STRESSES.

1. YOUR TEACHER ASKS YOU TO SOLVE A DIFFICULT PROBLEM AT THE BLACKBOARD. DO YOU BECOME:

   NERVOUS ____ CALM ____ GLAD ____ OTHER _____

2. YOU LOSE YOUR NEW WATCH. DO YOU BECOME:

   ANGRY ____ WORRIED ____ CONFIDENT YOU WILL FIND IT ____

3. YOUR PARENTS ARE OVER 2 HOURS LATE PICKING YOU UP. DO YOU BECOME:

   MAD ____ WORRIED ____ BUSY UNTIL THEY GET THERE ____

4. YOU HAVE JUST BEEN ELECTED TO A CLASS OFFICE. DO YOU BECOME:

   PROUD ____ WORRIED ____ NERVOUS ____ OTHER _____

5. SOMEONE CALLS YOU A NAME IN FRONT OF YOUR FRIENDS. DO YOU:

   GET UPSET _____ BECOME EMBARRASSED ____

   TELL THE PERSON THAT YOU DON'T LIKE THAT ____ WALK AWAY ____

6. SOMEONE OFFERS YOU SOME DOPE TO SMOKE. DO YOU:

   BECOME TOO EMBARRASSED TO SAY NO ____ ACT CONFIDENT AND TRY A LITTLE ____

   CALMLY EXPLAIN THAT YOU ARE NOT INTERESTED ____ OTHER _____

7. YOU SUSPECT THAT SOMEONE IS FOLLOWING YOU. DO YOU:

   PANIC AND RUN DOWN A SIDE STREET ____

   STAND STILL AND WAIT FOR THE PERSON TO GET CLOSER AND ASK HIM WHAT HE IS DOING ____

   CALMLY TRY TO FIND SOMEONE ON THE STREET TO HELP YOU ____

8. YOU ARE WITH A FRIEND WHO SHOPLIFTS AN ARTICLE IN THE STORE. DO YOU:

   WALK OUT OF THE STORE WITH HIM ____

   BEGIN TO YELL AT YOUR FRIEND ____

   EXPRESS YOUR DISLIKE OF HIS/HER ACTIONS ____

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HERE ARE SOME WAYS TO CONTROL STRESS!

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WAYS TO CONTROL STRESS

GOOD HEALTH (BODY)

GET REGULAR PHYSICAL EXERCISE.

EAT A NUTRITIOUS DIET.

AVOID DRUGS, ALCOHOL AND CIGARETTES.

LEARN TO RELAX.

MENTAL HEALTH (MIND)

THINK POSITIVE.

DO SOMETHING ABOUT A PROBLEM AS SOON AS IT COMES UP.

DO NOT CARRY A GRUDGE.

BE WITH POSITIVE, HAPPY, LOVING PEOPLE.

RESPECT YOURSELF AND OTHERS.

RELATIONSHIPS (SOCIAL)

LEARN TO LOVE YOURSELF.

BE POLITE.

ASK FOR WHAT YOU WANT, BUT DON'T FORCE YOUR WAY IN GETTING IT.

PRACTICE LOVING OTHERS.

TRUST OTHERS.

FORGIVE YOURSELF AND OTHERS.

EMOTIONAL (FEELINGS)

WORK OFF YOUR ANGER IN A POSITIVE WAY.

DISCUSS AND FACE THE THINGS YOU FEAR.

DO THINGS YOU ENJOY.

TALK OUT PROBLEMS.

SPIRITUAL

HELP SOMEONE.

DO THINGS THAT MAKE YOU FEEL GOOD INSIDE.

FORGIVE OTHERS AND YOURSELF.

LEARN TO LET GO.

PRAY.

MEDITATE.

A SOUND DIET (HEALTH)

EAT A VARIETY OF FOODS.

EAT BREAKFAST.

VISIT YOUR DOCTOR AND DENTIST REGULARLY.

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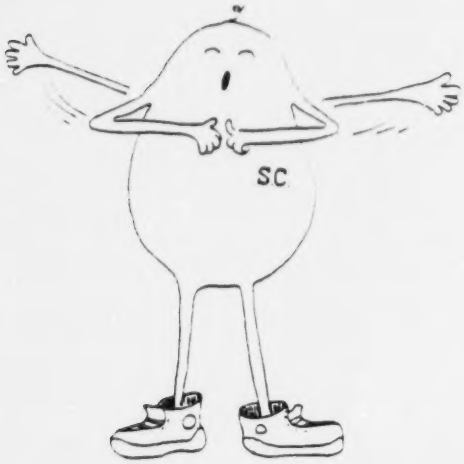
LESSON #-6

SIMPLE BREATHING RELAXATION EXERCISE



INSTRUCTIONS:

1. SELECT A QUIET PLACE WHERE YOU WILL NOT BE DISTURBED.
2. SELECT A GOOD TIME DURING THE DAY WHEN YOU CAN RELAX. A GOOD TIME IS WHEN YOU ARE UNDER STRESS.
3. FIND A COMFORTABLE CHAIR. SIT IN ANY POSITION THAT IS COMFORTABLE.
4. CLOSE YOUR EYES.
5. BEGIN TO RELAX BY THINKING OF RELAXING WHILE YOU ARE THINKING ABOUT YOUR FEET, LEGS, TRUNK, BODY, ARMS, NECK AND HEAD.
6. BREATHE THROUGH YOUR NOSE AND BECOME AWARE OF YOUR BREATHING.
7. SAY A SIMPLE WORD TO YOURSELF AS YOU BREATHE OUT, SUCH AS RELAX OR PEACE. IF YOU DO NOT LIKE ONE OF THESE, TRY ONE YOU DO LIKE.
8. BREATHE EASILY AND NATURALLY. IF ALL SORTS OF QUESTIONS, WORRIES, ETC., COME INTO YOUR HEAD, IGNORE THEM AND KEEP REPEATING YOUR WORD.
9. COUNT BACKWARD SLOWLY FROM 10 TO 1. FEEL MORE RELAXED WITH EACH COUNT.
10. DON'T JUMP UP AND WALK AROUND AFTER YOU FINISH RELAXING. SIT QUIETLY FOR A MINUTE OR SO WITH YOUR EYES CLOSED, THEN OPEN YOUR EYES. COME BACK TO FULL AWARENESS OF YOUR SURROUNDING SLOWLY. AS YOU BECOME MORE ALERT AND NOTICE HOW RELAXED YOU FEEL.

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HOW DO YOU RELAX?

ACTIVITY:

1. BEST TIME OF THE DAY FOR YOU TO RELAX: (MORNING, NOON, EVENING, NIGHT)

   MY BEST TIME IS: _____

2. BEST QUIET PLACE FOR YOU TO RELAX.

   MY PLACE IS: _____

3. THINGS YOU DO TO GET COMFORTABLE. (TAKE SHOES OFF, LISTEN TO MUSIC, LAY DOWN)

   I _____

4. TAKE A DEEP BREATHE AND THINK OF A PLEASANT THOUGHT OR WORK.

   MY PLEASANT WORD IS _____

5. THINK OF A NICE PICTURE OF THE BEACH, PARK, ETC.

   MY NICE PICTURE IS: _____

6. PRACTICE THIS OFTEN.

   I WILL PRACTICE _____

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TENSION - INATTENTION RELAXATION

YOU CAN LEARN THIS TECHNIQUE WITH 3 OR 4 PRACTICE SESSIONS. PRACTICE AT LEAST ONCE DAY FOR TWO WEEKS. THE ACTIVITY WILL HELP YOU RELAX.

INSTRUCTIONS: THIS IS A SET OF 2 EXERCISES. THEY ARE DONE WHILE SITTING UP.

EXERCISE ONE:

A. SIT AT THE EDGE OF YOUR BED, OR ON THE FLOOR.

B. CLOSE YOUR EYES AND KEEP THEM CLOSED FOR ALL FIVE EXERCISES.

C. LET YOUR NECK AND SHOULDERS BE AS LOOSE AS POSSIBLE.

D. ROTATE YOUR HEAD SLOWLY IN A CLOCKWISE DIRECTION FOUR TIMES.

E. CHANGE DIRECTION AND ROTATE YOUR HEAD IN A COUNTER CLOCKWISE DIRECTION FOUR TIMES.

EXERCISE TWO:

A. IMAGINE A CIRCLE ON THE CEILING ABOVE YOU.

B. KEEPING YOUR EYES CLOSED, FOLLOW THIS CIRCLE WITH YOUR EYES FOUR TIMES IN A CLOCKWISE DIRECTION. DO THIS SLOWLY.

C. REVERSE DIRECTION AND FOLLOW THE CIRCLE SLOWLY IN A COUNTER CLOCKWISE DIRECTION.

D. IMAGINE A SQUARE INSIDE OF A CIRCLE.

E. GO AROUND THE SQUARE FOUR TIMES IN EACH DIRECTION.

F. LIE FOR A FEW MOMENTS AND ENJOY THE RELAXATION.

YOU CAN ENJOY THE FEELING OF RELAXATION FOR AWHILE, BUT BE SURE TO GET UP SLOWLY.

DRAW A PICTURE OF HOW YOU RELAX.

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LESSON #-7

VISUALIZATION

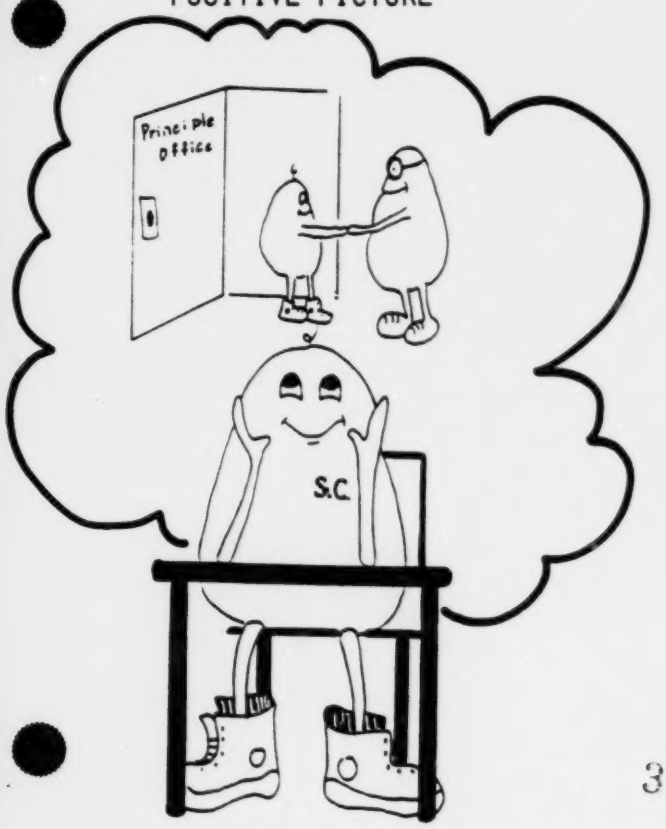
VISUALIZATION MEANS SEEING AN IMAGE OR A PICTURE OF SOMETHING IN YOUR MIND.

WHEN YOU VISUALIZE YOU USE YOUR IMAGINATION TO FORM A PICTURE OF WHAT YOU WANT TO HAPPEN IN YOUR LIFE.

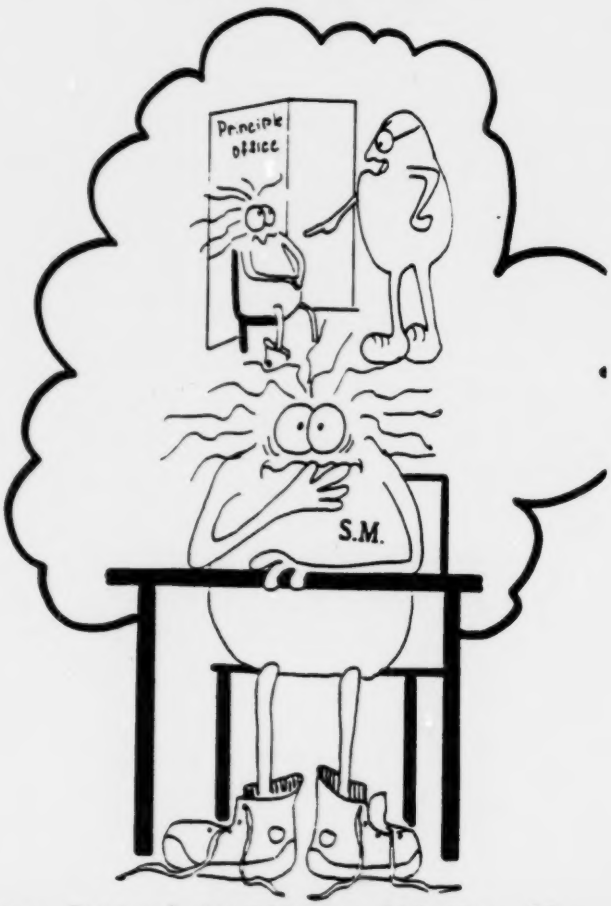
SOMETIMES WE VISUALIZE A POSITIVE PICTURE AND SOMETIMES WE VISUALIZE A NEGATIVE PICTURE, DEPENDING ON WHAT WE ARE FEELING AT THE TIME.

EXAMPLE: S.M. JUST RECEIVED A NOTE TO GO TO THE PRINCIPLES OFFICE RIGHT AWAY.

POSITIVE PICTURE



NEGATIVE PICTURE



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POSITIVE THOUGHT EXERCISE

DIRECTIONS: IN THE SPACE BELOW DRAW A PICTURE OF A STRESSFUL SITUATION AND WRITE DOWN A NEGATIVE THOUGHT ABOUT IT. NEXT TO IT DRAW A PICTURE OF HOW YOU CAN SOLVE THAT SITUATION AND WRITE A POSITIVE THOUGHT ABOUT IT.

SOME EXAMPLES YOU CAN USE ARE:

1. YOU ARE WORRIED ABOUT PASSING A TEST.
2. YOU DON'T HAVE ENOUGH MONEY TO BUY SOMETHING YOU WANT.
3. YOU NEED A RIDE TO THE GAME.
4. YOUR LITTLE BROTHER OR SISTER KEEPS BOTHERING YOU.
5. YOU ARE GOING ON A LONG TRIP AWAY FROM HOME.
6. YOU BROKE ONE OF YOUR MOTHER'S SPECIAL DISHES.

NEGATIVE PICTURE

POSITIVE PICTURE

NEGATIVE THOUGHT	POSITIVE THOUGHT
_____	_____
_____	_____
_____	_____
_____	_____

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MORE ABOUT VISUALIZATION

VISUALIZATION HELPS US TO SEE A POSITIVE PICTURE IN OUR MINDS OF WHAT WE WANT TO HAPPEN.

VISUALIZATION IS LIKE DAY DREAMING, EXCEPT THAT WHEN YOU DECIDE TO VISUALIZE WHAT YOU WANT TO HAPPEN, YOU CHOOSE WHAT YOU WANT TO PICTURE IN YOUR IMAGINATION.

VISUALIZATION HELPS YOU PICTURE GOOD THINGS YOU WANT TO HAPPEN RATHER THAN PICTURE BAD THINGS.

YOU AND YOUR MIND CONTROLS WHAT PICTURES YOU SEE IN YOUR IMAGINATION. CHOOSE GOOD PICTURES BECAUSE THEY REDUCE STRESS.

HOW TO VISUALIZE WHAT YOU WANT

TAKE THESE 3 STEPS:

1) SET YOUR GOAL (DECIDE WHAT YOU WANT TO HAPPEN)

2) IMAGINE A CLEAR PICTURE IN YOUR MIND OF WHAT YOU WANT.

3) THINK ABOUT IT OFTEN.

DRAW A PICTURE OF WHAT YOU ARE VISUALIZING RIGHT NOW!

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ARE YOUR THOUGHTS SENSIBLE OR NON-SENSIBLE?

NO ONE LIKES ME!

THEY WILL LAUGH AT ME!

EVERYONE LOOKS BETTER THAN I DO!

OUR THOUGHTS CAN INCREASE OR DECREASE THE AMOUNT OF STRESS IN OUR LIVES. NON-SENSIBLE THOUGHTS CREATE STRESS FOR US. SENSIBLE THOUGHTS HELP TO DECREASE STRESS.

EXAMPLE: YOU GET A FAILING GRADE ON YOUR TEST

NON-SENSIBLE THOUGHTS	SENSIBLE THOUGHTS
1. HE/SHE DOESN'T LIKE ME.	1. MAYBE I CAN TRY HARDER NEXT TIME.
2. I NEVER PASS A TEST.	2. I PROBABLY NEED TO STUDY MORE.
3. I DIDN'T WANT TO PASS THIS TEST ANYWAY.	3. NEXT TIME I WILL PASS MY TEST.

NON-SENSIBLE THOUGHTS MAKES YOU FEEL BADLY, BUT SENSIBLE THOUGHTS HELP YOU TO FEEL BETTER.

LEARN TO CHECK THE KINDS OF THOUGHTS YOU ARE HAVING.

1. CHECK TO SEE IF YOUR THOUGHTS ARE BASED ON TRUTH, FACT, OR EVIDENCE.

2. CHECK TO SEE IF YOUR THOUGHTS MAKE YOU FEEL GOOD.

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SENSIBLE OR NON-SENSIBLE THOUGHTS?

DIRECTIONS: TO SEE IF YOUR THOUGHTS ARE SENSIBLE OR NON-SENSIBLE, COMPLETE THE EXERCISE BELOW.

1. EVENT: YOU NOTICE A GIFT ON THE TABLE FOR YOUR BROTHER OR SISTER BUT THERE ISN'T ONE FOR YOU.

NON-SENSIBLE THOUGHTS:

1. _____

2. _____

SENSIBLE THOUGHTS:

1. _____

2. _____

NEGATIVE EFFECT:

1. _____

2. _____

NOW YOU TRY:

EVENT: YOU WALK INTO A ROOM AND YOU HEAR SOME PEOPLE LAUGHING LOUDLY.

NON-SENSIBLE THOUGHTS:

1. _____

SENSIBLE THOUGHTS:

1. _____

NEGATIVE EFFECT:

1. _____

THINK OF YOUR OWN EXAMPLE OF A SITUATION.

EVENT: _____

NON-SENSIBLE THOUGHTS:

1. _____

SENSIBLE THOUGHTS:

1. _____

NEGATIVE EFFECT:

1. _____

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SELF TALK

DIRECTIONS: TO HELP YOU BE AWARE OF YOUR THOUGHTS DURING A STRESSFUL TIME, COMPLETE THE FOLLOWING EXERCISE. READ THE EXAMPLE FIRST.

EXAMPLE #1

1. ONE THING THAT CAUSED ME STRESS WAS: MOM REFUSED TO LET ME GO OUT.
2. I FELT THESE CHANGES IN MY BODY: I GOT UPSET AND GOT A HEADACHE.
3. MY THOUGHTS ABOUT THE STRESSOR WERE: SHE'S SO MEAN.
4. MY ACTIONS WERE (WHAT DID YOU DO): I SAID SOMETHING MEAN TO HER AND WALKED OUT.
5. LATER I FELT: SORRY.
6. NEXT TIME I WILL IMPROVE BY: TALKING TO MOM, INSTEAD OF GETTING ANGRY.

COMPLETE THIS ONE WITH YOUR OWN EXAMPLE.

1. ONE THING THAT CAUSED ME STRESS WAS: _____
2. I FELT THESE CHANGES IN MY BODY: _____
3. MY THOUGHTS ABOUT THE STRESSOR WERE: _____
4. MY ACTIONS WERE (WHAT DID YOU DO): _____
5. LATER I FELT: _____
6. NEXT TIME I WILL IMPROVE BY: _____

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POSITIVE THOUGHTS

WHAT ARE AFFIRMATIONS? - THEY ARE POSITIVE THOUGHTS ABOUT OURSELVES.

FOR EXAMPLE: "I AM SMART" OR "I AM SPECIAL"

WHO USES AFFIRMATIONS? - MANY PEOPLE AND YOU CAN USE THEM TOO.

HOW DOES IT HELP? - BY REPLACING OUR NEGATIVE THOUGHTS WITH POSITIVE THOUGHTS. IT HELPS YOU TO THINK POSITIVE, AND TO SAY NICE THINGS ABOUT YOURSELF.

HOW DOES IT WORK? - START WITH "I AM" OR "I CAN" AND ATTACH A POSITIVE WORD. FOR BEST RESULTS REPEAT OFTEN.

WRITE YOUR AFFIRMATIONS DOWN ON PAPER, SO YOU CAN SEE IT OFTEN.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

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EXAMPLES OF AFFIRMATIONS

I AM INTELLIGENT.

I AM IN CONTROL OF MY FEELINGS.

I CAN FIND THE RIGHT ANSWER.

I CAN DO MY BEST.

I AM COOPERATIVE.

I CAN DO WELL IN MATH.

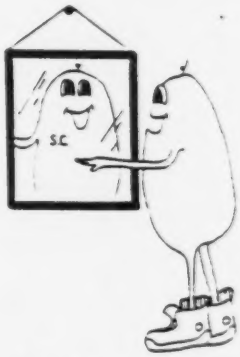
I AM A LOVING PERSON.

I AM CALM.

(X)

I REALLY AM UGLY!

NEGATIVE THOUGHT



I AM GREAT!

POSITIVE THOUGHT

ACTIVITY:

MY POSITIVE THOUGHT

1. I AM LEARNING SOMETHING GOOD IN EVERY SITUATION.
2. _____
3. _____

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LESSON #-8

WHO CONTROLS YOUR FEELINGS?

WE CHOOSE THE FEELINGS WE HAVE. WHEN THINGS GO WRONG, WE CAN CHOOSE TO GET UPSET, OR WE CAN CHOOSE NOT TO LET THEM BOTHER US.

EXAMPLE: S.C. AND S.M. ARE OFTEN TEASED BY THEIR CLASSMATES. S.C. LAUGHS IT OFF AND PAYS VERY LITTLE ATTENTION TO IT. S.M. USUALLY BECOMES VERY UPSET AND ENDS UP IN A FIGHT.

ACTIVITY:

ANSWER THESE QUESTIONS:

1. WHAT ARE THE STRESSORS HERE? _____

2 A. WHAT ARE S.C.'S FEELINGS ABOUT IT? _____

B. WHOSE DECISION WAS IT TO FEEL LIKE THIS? _____

3 A. WHAT ARE S.M.'S FEELINGS ABOUT IT? _____

B. WHOSE DECISION WAS IT TO FEEL LIKE THIS? _____

YOU CAN TURN A BAD SITUATION INTO A GOOD ONE, BY CHOOSING HOW YOU WILL FEEL ABOUT IT.

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HOW DO YOU EXPRESS YOUR ANGER?

ANGER IS A FEELING THAT WE ALL HAVE, AND IT NEEDS TO BE EXPRESSED. ANGER IS A NORMAL FEELING. WHAT MAKES ANGER GOOD OR BAD IS THE WAY YOUR CHOOSE TO EXPRESS IT. YOU NEED TO HANDLE YOUR ANGER IN A POSITIVE WAY. FOR EXAMPLE, TALK TO SOMEONE ABOUT YOUR ANGRY FEELINGS. WHEN YOU KEEP YOUR ANGRY FEELINGS INSIDE, YOU CREATE A LOT OF STRESS FOR YOURSELF. SOME POSITIVE WAYS TO EXPRESS ANGER ARE: TAKE A DEEP BREATH, PUNCH A PILLOW, RUN IN PLACE, COUNT TO TEN OR TEAR SOME NEWSPAPER UP. LOOK AT THE FOLLOWING PAGE FOR MORE SUGGESTIONS.

DIRECTIONS: TO HELP YOU PREVENT ANGER BUILD-UP, LIST SOME OF THE WAYS YOU HANDLE ANGER.

POSITIVE WAYS I EXPRESS ANGER	BAD WAYS I EXPRESS ANGER
1. _____	1. _____
2. _____	2. _____
3. _____	3. _____

GOOD RESULTS: CAN YOU THINK OF SOME GOOD RESULTS FROM HANDLING ANGER IN A POSITIVE WAY? FOR EXAMPLE, NO ONE GETS HURT.

NOW YOU NAME SOME.

1. _____ 2. _____

BAD RESULTS: CAN YOU THINK OF SOME BAD RESULTS FROM HANDLING ANGER IN A NEGATIVE WAY? FOR EXAMPLE, SOMEONE CAN GET HURT.

NOW YOU NAME SOME.

1. _____ 2. _____

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ANGER EXERCISE

COMPLETE THE FOLLOWING EXERCISE:

1. NAME SOMETHING OR SOMEONE THAT CAUSED YOU TO HAVE ANGRY FEELINGS AND TELL WHY. _____

   _____

2. WHAT BODY CHANGES DID YOU NOTICE? (FOR EXAMPLE, TIGHT FIST, MEAN FACE, ETC.)

   _____

3. HOW DID YOU EXPRESS YOUR ANGER? _____

   _____

4. WAS THIS A GOOD OR BAD EXPRESSION? _____

   _____

5. IF IT WAS BAD, HOW CAN YOU CHANGE IT? _____

   _____

6. HOW DID YOU FEEL AFTER IT WAS OVER? _____

   _____

7. DO YOU THINK IT IS IMPORTANT TO EXPRESS ANGER IN A POSITIVE WAY? _____

   _____

8. TELL WHY. _____

   _____

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Some Ways to Get Anger Out

COUNT TO TEN

SQUEEZE A BALL

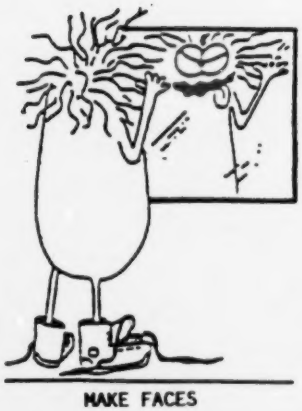
SCREAM!!!

PUNCH A PILLOW

STRESS STOMP

SHAKE A JAR

TEAR NEWSPAPER


MAKE FACES

DANCE TO MUSIC

POUND CLAY

DEVELOPED BY JENNIE TROTTER, WHOLISTIC STRESS CONTROL INSTITUTE, 1986, ATLANTA, GA.

WHO'S YOUR SUPPORT PERSON?

IT IS VERY IMPORTANT TO HAVE SOMEONE TO TALK TO WHEN YOU ARE FEELING UPSET, ANGRY, SCARED, OR NERVOUS. A SUPPORT PERSON IS ONE WHO HELPS YOU. SOMEONE THAT YOU CAN TRUST.

DIRECTIONS: WHO IS YOUR SUPPORT PERSON? READ THE QUESTIONS AND PLACE THE PERSON AND THEIR RELATIONSHIP TO YOU ON THE LINES BELOW.

FOR EXAMPLE: IF YOU GOT IN TROUBLE, WHO WOULD YOU TELL? PARENTS? FRIENDS? RELATIVE? MINISTER? COUNSELOR?

WHO WOULD YOU TELL IF . . .	NAME	RELATIONSHIP
1. YOU WERE FAILING SCHOOL?	_____	_____
2. YOU MADE A BIG MISTAKE?	_____	_____
3. YOU FELT LONELY OR DEPRESSED?	_____	_____
4. YOU WERE VERY ILL?	_____	_____
5. YOU WERE BEING THREATENED?	_____	_____
6. YOU WERE INVOLVED IN DRUGS OR ALCOHOL?	_____	_____
7. YOU WANTED TO RUN AWAY?	_____	_____
8. YOU WERE RAPED?	_____	_____
9. YOU DID SOMETHING BAD?	_____	_____
10. SOMEONE HAD ABUSED YOU?	_____	_____

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HOW DO YOU FEEL ABOUT YOURSELF?

DIRECTIONS: THE WAY YOU HANDLE STRESS HAS A LOT TO DO WITH HOW YOU FEEL ABOUT YOURSELF.

FEELING GOOD ABOUT YOURSELF CAN REDUCE STRESS IN YOUR LIFE. TO SEE HOW YOU FEEL ABOUT YOURSELF, COMPLETE THIS EXERCISE.

NAME 1 OF YOUR GREATEST ACCOMPLISHMENTS.

1. _____

NAME 1 THING YOU LIKE ABOUT YOURSELF.

1. _____

NAME 1 THING YOU DON'T LIKE ABOUT YOURSELF.

1. _____

NAME YOUR GREATEST WISH.

1. _____

COMPLETE THE FOLLOWING SENTENCES.

1. ONE THING I DO VERY WELL IS _____

2. ONE REASON I'LL MAKE IT IS _____

3. ONE THING THAT IS SPECIAL ABOUT ME IS _____

4. I AM THE BEST BECAUSE _____

5. I WILL BE REMEMBERED FOR _____

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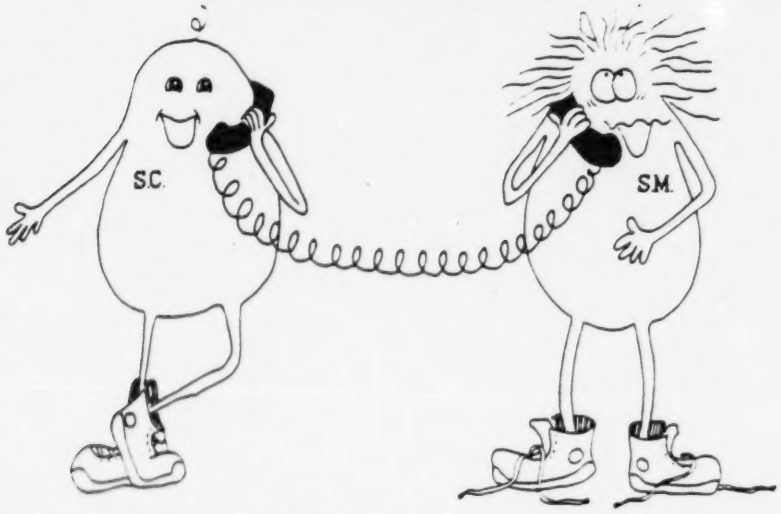
LESSON #-9

POSITIVE COMMUNICATION



COMMUNICATION IS THE ABILITY TO GIVE AND RECEIVE INFORMATION. THERE ARE DIFFERENT WAYS OF COMMUNICATING. THEY ARE:

1. VERBAL COMMUNICATION - IS WORDS THAT WE SPEAK WHEN WE TALK TO PEOPLE.
2. NON-VERBAL COMMUNICATION - NO SPOKEN WORDS. YOU USE BODY SIGNS INSTEAD. FOR EXAMPLE, HEAD OR HAND MOVEMENT, SMILING, HUGGING, FROWNING, AND MANY MORE.
3. WRITTEN COMMUNICATION - IS WRITING YOUR WORDS INSTEAD OF SPEAKING THEM. FOR EXAMPLE, S.O.S., A LETTER, SIGN LANGUAGE, OR A NOTE.

COMMUNICATING YOUR FEELINGS IS VERY IMPORTANT. WHEN PEOPLE DON'T COMMUNICATE THEIR FEELINGS, THEY BECOME VERY STRESSFUL.

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POSITIVE COMMUNICATION STEPS

IT IS IMPORTANT WHEN COMMUNICATING WITH SOMEONE IN A STRESSFUL SITUATION THAT YOU LET THEM KNOW:

1. HOW YOU FEEL.
2. WHAT THEY DID.
3. WHAT YOU WANT TO HAPPEN.

FOR EXAMPLE: SOMEONE STEPS ON YOUR TOE WITHOUT SAYING ANYTHING.

A POSITIVE WAY TO COMMUNICATE WOULD BE:

STEP #1 - LETTING THE PERSON KNOW HOW YOU FEEL.

I FEEL ANGRY.

STEP #2 - NEXT, LET THEM KNOW WHAT THEY DID.

WHEN YOU STEPPED ON MY TOE WITHOUT SAYING ANYTHING.

STEP #3 - LET THE PERSON KNOW WHAT YOU WANT TO HAPPEN.

I WANT YOU TO BE MORE CAREFUL, OR

I WANT YOU TO WATCH WHERE YOU ARE GOING.

TRY THE FOLLOWING EXERCISE USING THE 3 STEPS:

REMEMBER:

STEP #1 - SAY HOW YOU FEEL.

STEP #2 - SAY WHAT THE PERSON DID, AND

STEP #3 - SAY WHAT YOU WANT TO HAPPEN.

SOMEONE TAKES YOUR SEAT IN CLASS

STEP #1 - I FEEL _____

STEP #2 - WHEN YOU _____

STEP #3 - I WANT _____

CREATE YOUR OWN SITUATION

STEP #1 - _____.

STEP #2 - _____

STEP #3 - _____

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LESSON #-10

PROBLEM SOLVING

MANY PROBLEMS THAT WE HAVE CAN BE SOLVED BY USING THESE STEPS TO PROBLEM SOLVING. THE STEPS ARE:

1. STATE THE PROBLEM.
2. LOOK AT THE POSSIBLE CHOICES.
3. LIST WHAT MIGHT GO WRONG WITH YOUR CHOICES.
4. PICK THE CHOICE(S) THAT IS(ARE) BEST FOR YOU.

WITH S.M.'S PROBLEM, LET'S USE 4 STEPS OF PROBLEM SOLVING.

PROBLEM:

S.M. RETURNS HOME FROM SCHOOL, BUT HE CAN'T FIND HIS KEYS TO GET IN.

STEP #1 STATE THE PROBLEM.

S.M. CAN'T FIND HIS KEYS TO GET INTO HIS HOUSE.

STEP #2 LOOK AT ALL POSSIBLE CHOICES.

A. CONTINUE TO LOOK FOR KEYS.

B. CALL PARENTS AT WORK.

C. STAY OVER AT A NEIGHBOR'S OR FRIEND'S HOUSE.

STEP #3 LIST WHAT MIGHT GO WRONG WITH YOUR CHOICES.

A. MAY NOT FIND THEM.

B. MAY BE A LITTLE UPSET.

C. NEIGHBOR MAY NOT BE HOME.

STEP #4 PICK THE CHOICE THAT IS BEST FOR YOU.

S.M. DECIDED TO:

B. CALL PARENTS, AND

C. STAY OVER AT A NEIGHBOR'S OR FRIENDS' HOUSE.

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PROBLEM SOLVING

DIRECTIONS: USING ANY OF THE SUGGESTED PROBLEMS LISTED BELOW, WORK OUT THE 4 STEPS TO PROBLEM SOLVING.

SUGGESTED PROBLEMS:

1. YOUR FRIEND STOLE SOME MONEY FROM YOU.
2. YOUR FRIENDS WANT YOU TO DO SOMETHING WRONG.
3. YOU LOST ALL YOUR MONEY AT THE GAME.
4. YOU THINK SOMEONE IS FOLLOWING YOU HOME.
5. SOMEONE WANTS TO FIGHT YOU.

STEPS FOR PROBLEM SOLVING

STEP #1 - STATE THE PROBLEM.

_____

_____

STEP #2 - LOOK AT ALL POSSIBLE CHOICES.

_____

_____

STEP #3 - LIST WHAT MIGHT GO WRONG WITH YOUR CHOICES.

_____

_____

STEP #4 - PICK THE CHOICE THAT IS BEST FOR YOU.

_____

_____

DRAW A PICTURE OF HOW YOU SOLVED YOUR PROBLEM BELOW:

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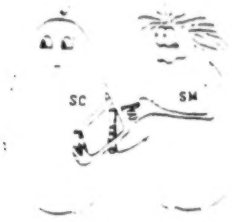
LESSON #-11

DEALING WITH CONFLICTS

CONFLICT PRODUCES STRESS, WHEN NOT HANDLED CORRECTLY. THREE DIFFERENT RESPONSES TO A CONFLICT ARE: 1. PASSIVE 2. AGGRESSIVE 3. ASSERTIVE

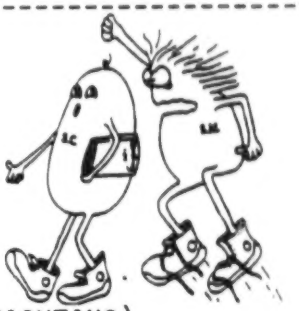
EXAMPLE: SOMEONE TOOK YOUR BOOK WITHOUT ASKING.



A PASSIVE RESPONSE TO A CONFLICT MAY INCLUDE WALKING AWAY.

PASSIVE RESPONSE
(DOING AND SAYING NOTHING)

A PASSIVE RESPONSE: "IT'S O.K., I DON'T NEED IT NOW ANYWAY."



AN AGGRESSIVE RESPONSE TO A CONFLICT MAY INCLUDE YELLING, NAME CALLING, OR FIGHTING.

AGGRESSIVE RESPONSE
(BEING LOUD, PUSHING AND FIGHTING)

AN AGGRESSIVE RESPONSE: "GIVE ME MY BOOK BEFORE I HIT YOU."

AN ASSERTIVE RESPONSE TO A CONFLICT MAY INCLUDE SPEAKING UP FOR YOURSELF AND SAYING WHAT YOU WANT TO HAPPEN.

ASSERTIVE RESPONSE
(TALKING THINGS OVER)

AN ASSERTIVE RESPONSE: "DON'T TAKE MY BOOK WITHOUT ASKING ME."

REMEMBER: A PASSIVE RESPONSE DENIES YOU THE OPPORTUNITY TO SAY WHAT YOU FEEL; AN AGGRESSIVE RESPONSE USUALLY RESULTS IN A FIGHT OR ARGUMENT; AND AN ASSERTIVE RESPONSE USUALLY SAYS IN A DIRECT WAY WHAT YOU WANT DONE

AN ASSERTIVE RESPONSE ALLOWS YOU TO BE RESPECTFUL OF YOURSELF & OTHERS

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DEALING WITH CONFLICTS

EXERCISE:

DIRECTIONS: CHOOSE ONE OF THE PROBLEMS BELOW AND WRITE THE THREE DIFFERENT RESPONSES TO THEM.

CONFLICT #1 - SOMEONE CALLS YOU A DIRTY NAME.

PASSIVE RESPONSE _____

AGGRESSIVE RESPONSE _____

ASSERTIVE RESPONSE _____

CONFLICT #2 - SOMEONE TELLS A LIE ON YOU.

PASSIVE RESPONSE _____

AGGRESSIVE RESPONSE _____

ASSERTIVE RESPONSE _____

CONFLICT #3 - SOMEONE BUMPS INTO YOU WITHOUT SAYING ANYTHING.

PASSIVE RESPONSE _____

AGGRESSIVE RESPONSE _____

ASSERTIVE RESPONSE _____

CONFLICT #4 - MAKE UP YOUR OWN CONFLICT.

PASSIVE RESPONSE _____

AGGRESSIVE RESPONSE _____

ASSERTIVE RESPONSE _____

DRAW A PICTURE BELOW OF A CONFLICT YOU SOLVED.

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LESSON #-12

YOGA

12-A

YOGA IS AN EXERCISE THAT STARTED IN INDIA MANY YEARS AGO. YOGA HELPS TO REDUCE TENSION IN THE BODY AND RELAX THE MUSCLES IN YOUR BODY.

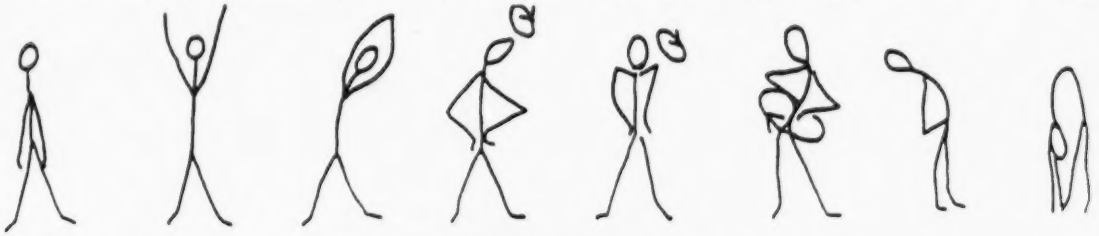
ACTIVITY:

DIRECTIONS: READ THE INSTRUCTIONS AND PRACTICE THE EXERCISE BELOW.

PRACTICE YOGA ON A THICK RUG OR BLANKET.

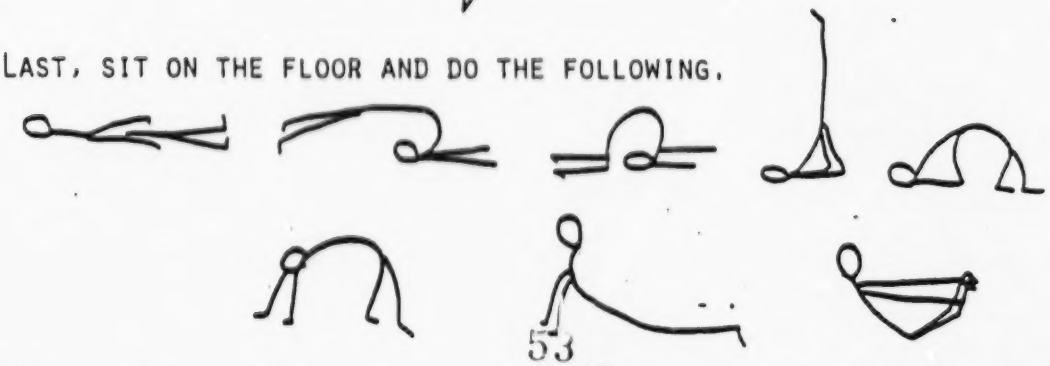
1. TAKE A DEEP BREATH BEFORE AND AFTER EACH EXERCISE.
2. WEAR LOOSE CLOTHING.
3. NEVER FORCE YOUR BODY TO DO SOMETHING THAT HURTS.
4. KEEP YOUR ATTENTION ON YOUR MUSCLES AND MOVE VERY SLOWLY.
5. PRACTICE REGULARLY.

START IN A STANDING UP POSITION. FOLLOW THESE POSITIONS IN ORDER.



NEXT, ASSUME A SEATED POSITION AND BEGIN.

LAST, SIT ON THE FLOOR AND DO THE FOLLOWING.



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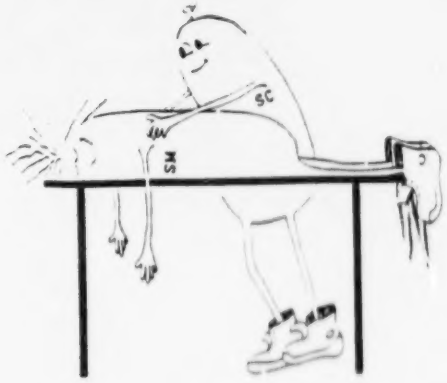
MASSAGE



- THE ART OF RELAXING MUSCLE BY HUMAN TOUCH IS CALLED MASSAGE.
- MASSAGES HELP RELIEVE STRESS AND TENSION FROM BODY MUSCLES.
- MASSAGES ARE DONE ON FIRM SURFACES. USE A MAT OR BLANKET.

SELF-MASSAGE

BEGIN WITH GENTLE CIRCULAR MOVEMENT WITH YOUR FINGERS ON YOUR FACE. GO UP THE SIDE OF THE FACE WITH BOTH HANDS, DOWN THE MIDDLE OF THE FACE, TO THE CHEEKS AND DOWN TO THE JAW BONE AND NECK. THEN DO YOUR HEAD AREA; MASSAGE YOUR SCALP WITH YOUR FINGERS.

ARMS, LEGS AND SIDES:

SIT ON MAT WITH LEGS STRETCHED. REACH DOWN AND CLASP YOUR LEGS AND GENTLY SQUEEZE THEM. THEN MOVE YOUR HANDS UP TOWARDS YOUR THIGH, CONTINUING TO SQUEEZE GENTLY. NEXT MASSAGE YOURSELF ON THE SIDES OF YOUR BODY, AND YOUR SHOULDERS. THEN CROSS YOUR HANDS AND PLACE THEM ON YOUR ARMS, AND SQUEEZE THEM FROM TOP TO BOTTOM.

FINGERS AND TOES:

GENTLY SQUEEZE EACH FINGER OR TOE WITH YOUR OPPOSITE HAND, STARTING AT THE BASE OF THE TOE OR FINGER, MOVING TOWARDS THE FINGER NAIL, OR TOE NAIL. DON'T LEAVE OUT ANY FINGERS OR TOES.

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ACUPRESSURE

12-C

- PRESSURE POINTS ARE LOCATED THROUGHOUT OUR BODIES.
- THESE POINTS HELP CONTROL THE AMOUNT OF BLOOD FLOW TO AND FROM OUR HEAD.
- HEADACHES ARE A DIRECT RESULT OF NOT RECEIVING ENOUGH BLOOD IN OUR HEADS.
- WHEN WE BECOME TENSE OR NERVOUS, OUR BLOOD DOES NOT FLOW AS EASILY TO OUR HEADS BECAUSE OUR MUSCLES TIGHTEN AND THE FLOW OF BLOOD SLOWS DOWN.
- MANY YEARS AGO, CHINESE DISCOVERED THAT PLACING PRESSURE FOR 20-30 SECONDS ON OUR BODIES ON THESE POINTS WOULD RELIEVE COMMON HEADACHES.
- HEADACHES ARE A VERY COMMON SIGN OF STRESS AND THIS METHOD CAN BE USED TO HELP RELIEVE THIS PAIN.

DIRECTIONS:

GO OVER THE WORKSHEET BELOW AND TRY TO LOCATE THESE PRESSURE POINTS ON YOUR BODY AND HOLD YOUR FINGER ON THEM FOR 20-40 SECONDS. GO THROUGH BOTH OF THE EXERCISES THIS WAY. ONE WAY YOU CAN TELL IF YOU HAVE LOCATED YOUR PRESSURE POINT CORRECTLY IS THAT YOU SHOULD BE ABLE TO FEEL A "PULSE BEAT" WHERE YOU ARE APPLYING PRESSURE.

TAIYANG (PRONOUNCED TIE YANG)

HEGU (PRONOUNCED HO KOO)

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LESSON #-13

HOW'S YOUR DIET?

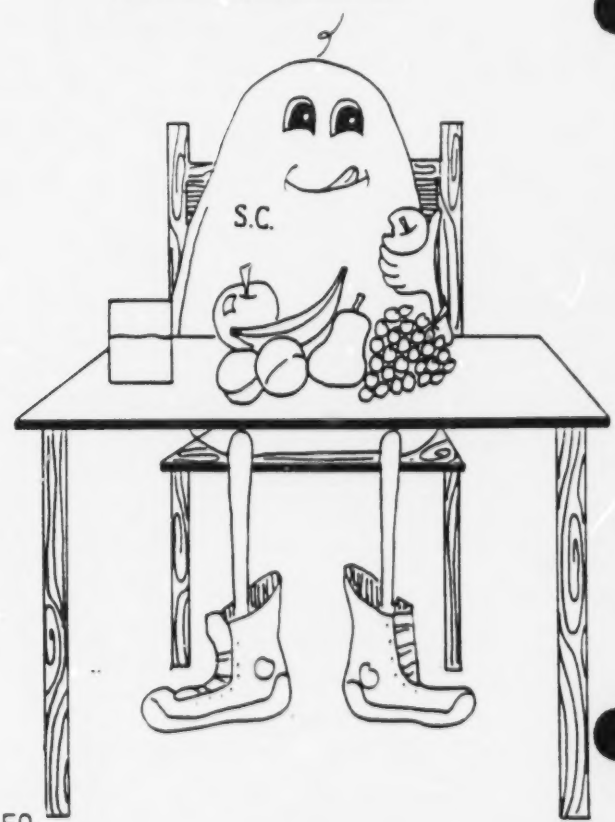
STRESS HAS A LOT TO DO WITH WHAT YOU EAT. IF YOU DON'T EAT THE RIGHT KINDS OF FOOD, YOUR BODY WILL GO THROUGH CERTAIN CHANGES THAT WILL CAUSE IT STRESS. HAVE YOU EVER EATEN TOO MUCH CAKE AND CANDY AND GOT A STOMACH ACHE. THAT IS A SIGN OF STRESS.

SOME NUTRITIONAL TIPS

- EAT LOTS OF FRESH FRUIT AND VEGETABLES.
- LIMIT FRIED FOODS AND JUNK FOOD.
- EAT SALADS.
- DRINK JUICES AND WATER REGULARLY.
- EAT YOUR FOOD SLOWLY.

BAD EATING HABITS

GOOD EATING HABITS



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HOW'S YOUR DIET?

FOR A GOOD NUTRITIOUS DIET YOU NEED A CERTAIN NUMBER OF SERVINGS FROM THE FOUR FOOD GROUPS.

IN THE BOX BELOW WRITE DOWN WHAT YOU ATE YESTERDAY FROM THESE FOUR FOOD GROUPS.

FOOD GROUPS

1. VEGETABLES AND FRUIT
   NEED: 4 SERVINGS
   FROM COMBINED GROUP
   EVERY DAY.

2. BREAD AND CEREALS
   NEED: 4 SERVINGS
   EVERY DAY.

3. MILK, CHEESE, YOGURT
   NEED: 2 SERVINGS
   EVERY DAY.

4. MEAT, POULTRY, FISH,
   EGGS, BEANS, PEAS
   NEED: 2 SERVINGS
   EVERY DAY.

5. WATER: NEED 8 GLASSES
   EVERY DAY.

LOOK BACK OVER YOUR ANSWERS AND WRITE DOWN WHAT FOOD ITEMS YOU WERE MISSING. TRY TO EAT THESE FOODS DURING THE NEXT DAY.

MISSING FOOD ITEM(S) FROM YOUR DIET YESTERDAY.

FOOD GROUP # 1 _____

FOOD GROUP # 2 _____

FOOD GROUP # 3 _____

FOOD GROUP # 4 _____

LIQUID # 5 _____

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IS YOUR LIFE BALANCED?

"A SELF PICTURE OF WELLNESS"

TO SEE HOW WELL BALANCED YOUR LIFE IS IN THE FOLLOWING AREAS, COMPLETE YOUR PICTURE OF WELLNESS.

DIRECTIONS: READ EACH OF THE QUESTIONS BELOW AND SCORE THE ITEMS - 1, 2, OR 3. AFTERWARDS, COLOR YOUR DIAGRAM TO SEE HOW YOUR PICTURE OF WELLNESS LOOKS.

EXAMPLE: CIRCLE 1, 2, OR 3 FOR YOUR ANSWERS.
KEY: 1 = POOR 2 = AVERAGE 3 = EXCELLENT

FEELINGS

A. HOW DO YOUR FEEL ABOUT YOURSELF?
1 2 3

B. HOW WELL DO YOU RESPECT PEOPLE WHO ARE DIFFERENT FROM YOU?
1 2 3

C. CAN YOU EXPRESS HOW YOU FEEL MOST OF THE TIME?
1 2 3

BODY

D. HOW WELL ARE YOU AWARE OF YOUR SIGNS OF STRESS?
1 2 3

E. HOW DO YOU DO IN EXERCISE DAILY?
1 2 3

F. HOW WELL DO YOU DO IN EATING A NUTRITIOUS MEAL AND AVOIDING JUNK FOOD?
1 2 3

FRIENDS/SOCIAL

G. HOW WELL ARE YOU ABLE TO TALK TO PEOPLE ABOUT YOUR FEELINGS?
1 2 3

H. HOW WELL DO YOU MAKE AN EFFORT TOWARD MAKING AND KEEPING FRIENDS?
1 2 3

I. HOW WELL DO YOU HELP IN YOUR COMMUNITY?
1 2 3

SPIRITUAL

J. HOW WELL DO YOU FORGIVE OTHERS?
1 2 3

K. HOW WELL DO YOU HELP OTHERS?
1 2 3

L. HOW WELL DO YOU SPEND SOME TIME WITH YOURSELF?
1 2 3

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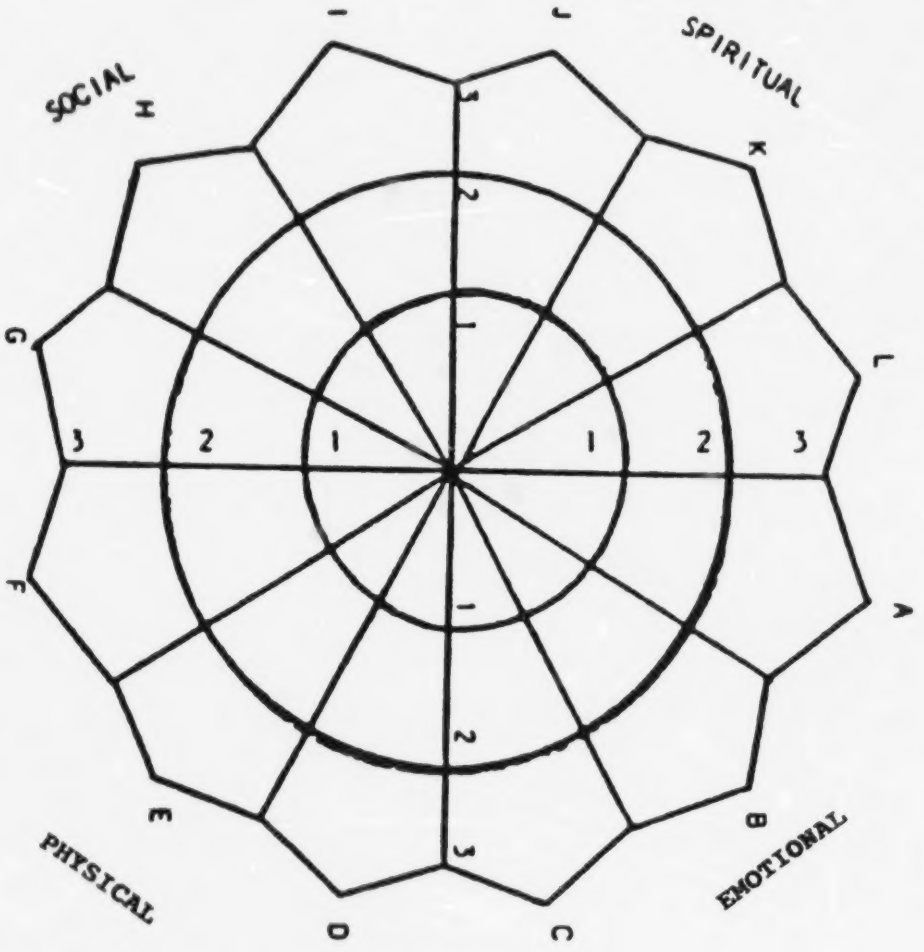
DIRECTIONS:

COLOR A PICTURE OF YOUR WELLNESS. USE CRAYONS OR MARKERS. EACH NUMBERED PIE-SHAPE PART OF THE CIRCLE BELOW GOES TO THE NUMBERED QUESTIONS. IF YOU ANSWER #1, COLOR IN THE FIRST (PART 1) OF THE INNER CIRCLE. IF YOU ANSWER #2, COLOR IN THE FIRST AND SECOND (PARTS 1 & 2) OF THE INNER AND MIDDLE CIRCLE. IF YOU ANSWER #3, COLOR IN THE ENTIRE PARTS (PARTS 1, 2 & 3) OF ALL CIRCLES (INNER, MIDDLE, OUTER).



ADAPTED WITH PERMISSION FROM "SELF-ANALYSIS PROFILE" BY J. HAMMOND, R. TAYLOR AND PACIFICON PRODUCTIONS. CALIFORNIA DEPARTMENT OF MENTAL HEALTH.

LESSON #-14

GOAL SETTING

MANY OF YOUR IDEAS ABOUT YOUR FUTURE CAN BECOME REAL THROUGH GOAL SETTING. GOAL SETTING IS PLANNING, STEP BY STEP, WHAT YOU WANT TO ACCOMPLISH.

EXAMPLE: IF YOUR GOAL IS TO SAVE MONEY, THEN YOU MAY DEVELOP THE FOLLOWING STEPS TO HELP YOU REACH THIS GOAL.

STEP 1 BE SPECIFIC. HOW MUCH MONEY DO YOU WANT TO SAVE:
GOAL: I WANT TO SAVE $100 FOR A BIKE.

STEP 2 THINGS I MUST DO:

FIND A JOB, AND SAVE SOME MONEY: I WILL SAVE $5.00 A WEEK.

STEP 3 LIST ANYTHING THAT MIGHT GO WRONG: UNABLE TO FIND THE JOB.
COUNTER PLAN: CREATE MY OWN JOB - CUT GRASS, SHINE SHOES, BABYSIT, DO HOUSE CHORES.

STEP 4 MY DEADLINE (THIS MUST BE DONE BY): 5 MONTHS

STEP 5 MY REWARDS FOR ACHIEVING THIS GOAL:
TREAT MYSELF TO SOMETHING NICE.

ACTIVITY:

DIRECTIONS: IN THE SPACE BELOW STATE 1 OF YOUR GOALS AND PLAN YOUR ACTION STEPS.

STEP 1 GOAL #1 _____

STEP 2 THINGS I MUST DO TO REACH THIS GOAL.

A. _____

B. _____

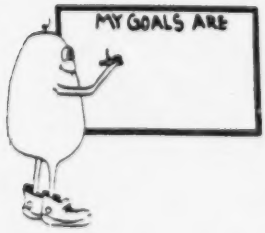
C. _____

STEP 3 THINGS THAT MIGHT GO WRONG _____

COUNTER PLAN _____

STEP 4 MY DEADLINE (DATE) _____

STEP 5 MY REWARDS _____



MY GOAL IS...

TO BE THE BEST THAT I CAN BE!

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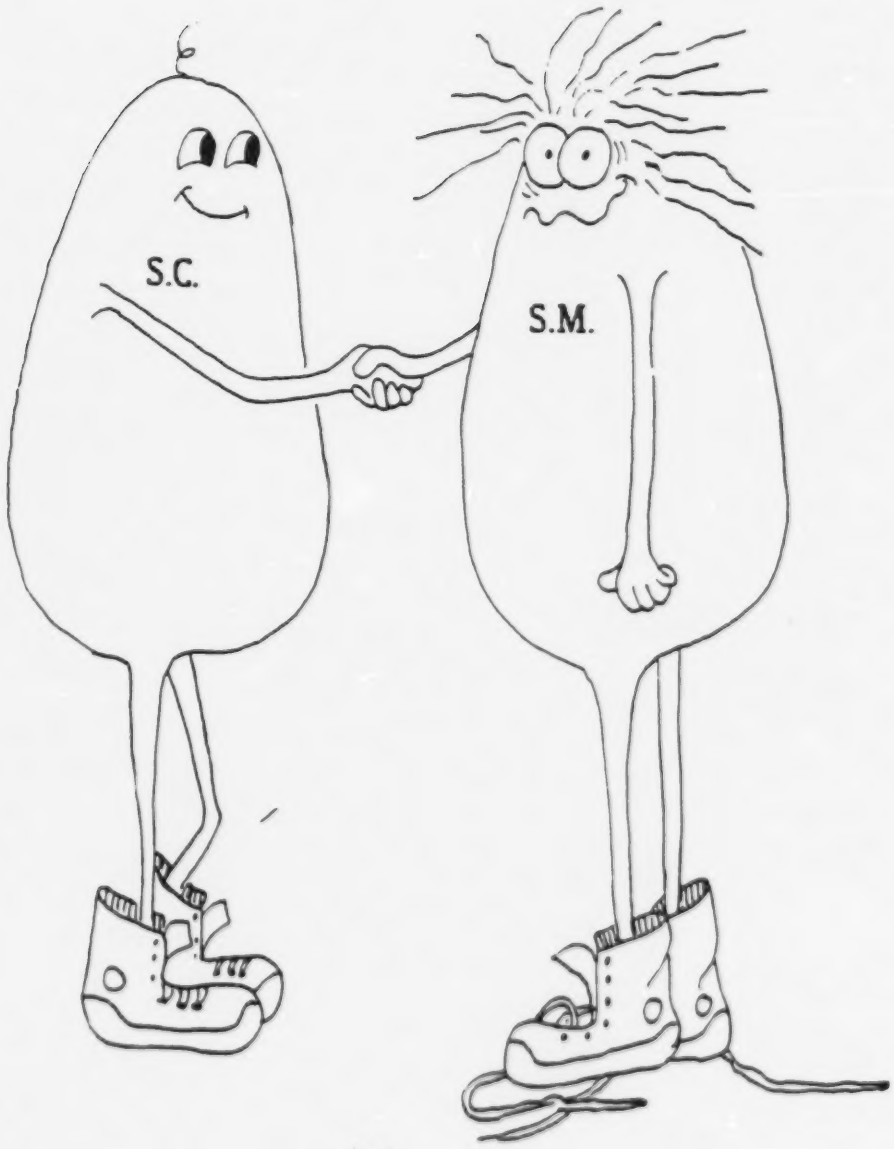
WELL, S.M., DID YOU LEARN SOME WAYS TO CONTROL YOUR STRESS?

I SURE DID, S.C.! AND I KNOW THAT ALL KIDS READING ALONG DID, TOO. NOW LET'S ALL COMPLETE OUR STRESS CONTRACTS SO WE CAN AVOID BECOMING A STRESS MESS LIKE ME! I BE CHILLING NOW, TOO!



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LESSON #-15

STRESS CONTROL CONTRACT

A. NAME SOME WAYS YOU WILL USE TO CONTROL STRESS.

1. _____

2. _____

3. _____

B. LIST SOME REASONS WHY THIS WILL HELP YOU.

1. _____

2. _____

3. _____

C. IS THIS IMPORTANT TO YOU? _____

D. NAME YOUR SUPPORT PERSON. _____

E. NAME YOUR REWARD FOR COMPLETING THIS PLAN. _____

_____

F. I COMMIT MYSELF TO THIS PLAN ON _____

G. I WILL USE IT WHEN _____

_____

_____ _____

DATE SIGNATURE

_____ _____

DATE WITNESS

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POST-STRESS QUIZ

ACTIVITY: NOW THAT YOU HAVE COMPLETED YOUR WORKBOOK, TAKE THE TEST BELOW TO SEE HOW MUCH YOU HAVE LEARNED ABOUT STRESS.

DIRECTIONS: WRITE (T) FOR TRUE OR (F) FOR FALSE IN THE SPACE IN FRONT OF EACH QUESTION.

AFTER

_____ 1) EVERYBODY HAS STRESS.

_____ 2) STRESS CAN'T CAUSE HEART ATTACKS.

_____ 3) WHAT YOU EAT HAS VERY LITTLE TO DO WITH STRESS.

_____ 4) STRESS CAN BE GOOD FOR YOU.

_____ 5) YOU CAN AVOID STRESS.

_____ 6) TOO MUCH STRESS CAN MAKE YOU SICK.

_____ 7) YOUR THOUGHTS CAN CAUSE YOU STRESS.

_____ 8) STRESS IS CAUSED BY CHANGES.

_____ 9) BREATHING CAN'T HELP REDUCE STRESS.

_____ 10) A NIGHTMARE IS A SIGN OF STRESS.

ANSWERS: 1. T, 2. F, 3. F, 4. T, 5. F, 6. T, 7. T, 8. T, 9. F, 10. T

DATE: _____

STUDENT EVALUATION

DIRECTIONS: PLEASE LET YOUR INSTRUCTOR KNOW WHAT YOU THOUGHT ABOUT THIS COURSE. ANSWER THE QUESTIONS BELOW, USING THE FOLLOWING KEY.

KEY: A = EXCELLENT B = GOOD C = FAIR D = POOR

1. HOW WOULD YOU RATE YOUR UNDERSTANDING ABOUT STRESS BEFORE THIS COURSE?

   A B C D

2. HOW WOULD YOU RATE YOUR UNDERSTANDING ABOUT STRESS AFTER THIS COURSE?

   A B C D

3. HOW WOULD YOU RATE THIS COURSE ON STRESS?

   A B C D

4. HOW WOULD YOU RATE THE EXERCISES AND ACTIVITIES?

   A B C D

5. HOW STRONG IS YOUR COMMITMENT TO REDUCE STRESS IN YOUR LIFE?

   A B C D

6. WOULD YOUR RECOMMEND THIS COURSE TO A FRIEND?

   YES _____ NO _____ NOT SURE _____

7. OTHER COMMENTS YOU MIGHT LIKE TO MAKE ABOUT THIS WORKBOOK.

   _____

   _____

   _____

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